Rice University - Lifetime Physical Activity Program 186 Pilates
Fall 2015 Mon/Wed 9:00-9:50 or 10:00-10:50
Instructor: Megan Gossett Email: mwsgossett@yahoo.com

"A few well-designed movements, properly performed in a balanced sequence, are worth hours of doing sloppy calisthenics or forced contortion." Joseph Pilates

"If, at the age of 30, you are stiff and out of shape, you are old. If, at 60, you are supple and strong, then you are young." Joseph Pilates

"A man is as young as his spinal column." Joseph Pilates

"Physical fitness can neither be achieved by wishful thinking nor outright purchase." Joseph Pilates

Course Description:
This is a beginning level course designed to offer an introduction to the classic Pilates matwork exercises. The acquisition and understanding of these exercises, their goals, and intent, will be presented through activity, lecture, and observation, and will be evaluated through participation, physical performance and written examination.
Pilates is a method of exercise and physical movement designed to stretch, strengthen and tone, and balance the body. Strength and flexibility, particularly of the abdomen and back muscles, coordination, both muscular and mental, and correct spinal alignment and pelvic positioning are all are key components of the Pilates method. Pilates teaches balance and control of the body, and that capacity spills over into the areas of one's life.

Course Objectives:
1. To optimize health and body awareness, core and back strength, flexibility, lengthened muscles,
increased energy and overall conditioning of the body and mind.
2. To increase familiarity of one's own anatomy.
3. To introduce students to fundamentals of movement essential to the understanding and proper execution of the exercises.

4. For each student to achieve progression through the Pilates mat series based on:
    a. familiarity with the basic terminology and order of the exercises
    b. basic knowledge and awareness of proper form and body positioning
    c. transitioning from the basic mat with modifications, to the more intermediate matwork, and ultimately, performing the exercises by memory, with clean form and flowing transitions
5. To be able to begin to translate proper body mechanics gained from Pilates exercises in everyday movements.

Course Content:
• brief history of Joseph Pilates and the Pilates method
• basic, intermediate and selected advanced mat exercises
• modifications and variations of exercises

Attendance Policy:
The attendance policy for LPAP courses that meet twice a week will be as follows:
Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed two "free" absences. Should a student miss an additional class(es) she/he will need to arrange to make up the missed class at a time and place that is agreed upon by both the student and the instructor. It is the responsibility of the student to initiate conversation with the instructor to discuss the make-up, and an agreement must be reached between the two within two weeks of the absence. If a student fails to make up a missed third or fourth class, his/her final grade will drop by one or two grade letters, respectively.

Please note, students will not be allowed to make up more than two classes. Five total absences, including those that were made up and no matter their circumstance, will result in a failing grade for the course.

**** You may receive credit for classroom observation and may be asked to do additional assignments if you sustain an injury which would prevent safe participation. Notes must be taken during observation and turned in at the end of class - NO TEXTING will be permitted during class observation**

Make up options (MAKEUPS COULD TAKE LONGER THAN TAKING THE ACTUAL CLASS):

- **one hour of observation and notes in an actual Pilates studio (Pilates Concepts of Houston 3100 Richmond Ave. #200) – day and time to be determined by student and instructor**
- **attendance of another Pilates' class**
- **written assignment (to be determined by student and instructor)**

Rice Honor Code

Every member of the academic community is expected to uphold their pledge to the Rice Honor Code. In this course, any student suspected of cheating on an exam or written assignment will be reported to the Chair of the Honor Council, and an investigation will ensue. Any questions that you may have about what constitutes an honor code violation in this class can be directed to the instructor.

ADA Statement

This instructor, in conjunction with Rice University, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodation, please contact the Disability Support Services Office in the Ley Student Center. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

Class Etiquette:

* You are expected to be on time – students more than fifteen minutes late will be asked to observe class AND do an additional assignment as a makeup for the missed class portion. If you are late for unavoidable reasons enter quietly.
* Please turn cell phones off or on vibrate.
* No talking during the class time.
* Please do not eat or drink (besides water) or chew gum during class.
* Please wipe down mats and roll up one at a time.
* Clothes should be form fitting, without restricting movement. PLEASE DO NOT TAKE CLASS IN YOUR STREET CLOTHES – NO JEANS. NO SHORT SHORTS unless bike shorts are worn underneath. Yoga / sweat pants and or long shorts with bike shorts underneath are best.
* Please remove large jewelry, secure long hair, and avoid large hair clips.

Evaluation:

Attendance/punctuality and active participation	450 points
End of semester assignment (to be determined)	50 points
Total points possible	500 points

• 5 points will be deducted for each late arrival

Grading Scale

Average	Points	Grade
94-100	468-500	A
90-93	448-467	A-
87-89	433-447	B+
83-86	413-432	B
80-82	398-412	B-
77-79	383-397	C+
73-76	363-382	C
70-72	348-362	C-
67-69	333-347	D+
63-66	313-332	D
60-62	298-312	D-
< 60	<298	F